

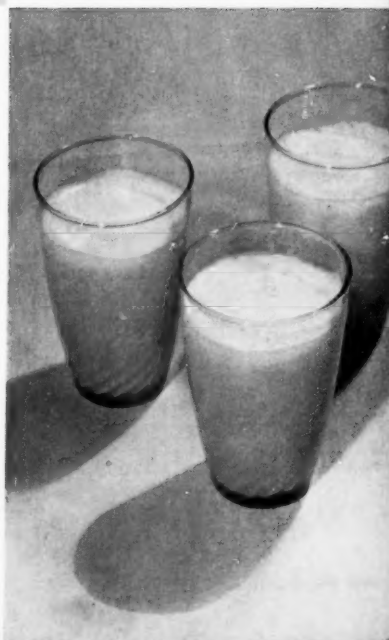
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REFRESHMENTS for TEAS

by Elizabeth Vollmer Massett

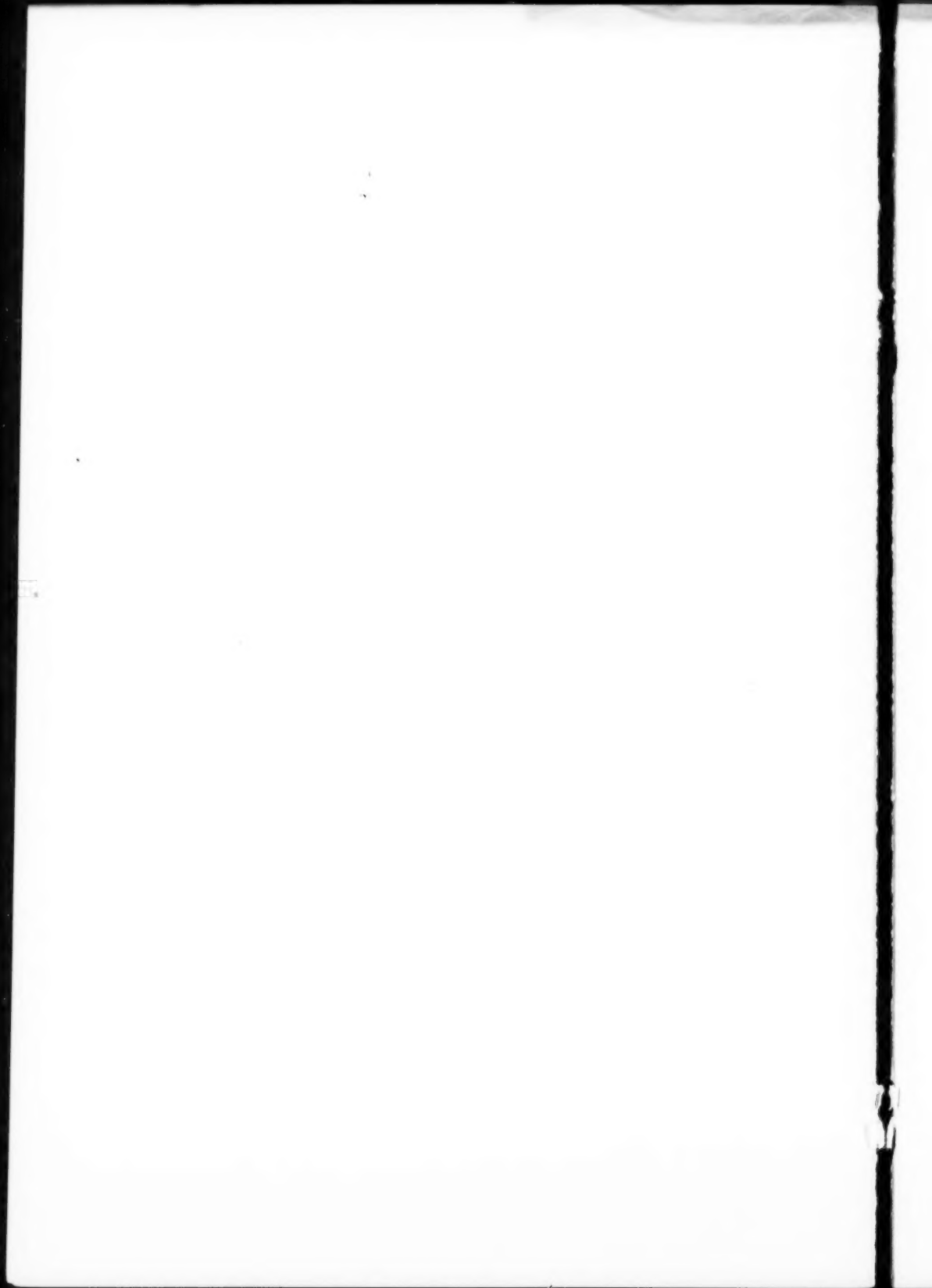


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"Let's Have A Party" Series
Number 1

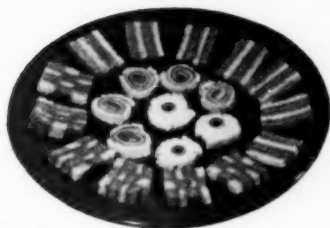
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REFRESHMENTS

for TEAS



by Elizabeth Vollmer Massett

It's fun to entertain—fun for you to give a party, and fun for your friends to come to your party. Entertaining is a good way to develop your social poise, too. Everyone wants to learn the art of being a gracious host or hostess, but it takes practice to make perfect. So you should try to entertain as often as you can.

Careful planning is the secret behind a successful party. Plan and prepare your menu ahead of time. Plan your time carefully, too, so that when your guests arrive, you will be free to entertain them comfortably.

Snacks

It's snacktime whenever your friends get together—after a 4-H Club meeting, a skating party, a dance—or when they just stop by to say hello. Informality is the keynote.

Snacks should be simple and easy to prepare. What you serve will be decided by what you have on hand, plus a dash of imagination on your part.

Teas

A tea is a simple and pleasant way to entertain your friends. You may serve tea to friends who drop in unexpectedly; or you may plan a real tea party for invited guests. Teas are ideal for chatting with old friends or making new friends.

Invite your guests by telephone, or write them a note. This should be done at least a week before the tea, so they will have plenty of time to let you know whether they can come.

Refreshments for teas should be dainty and simple. It's a good rule to have foods your guests can eat with their fingers. Serve party sandwiches, quick breads, and small cookies or sweets, with a beverage or choice of beverages. Cocoa, hot spiced punches, or coffee are often served. In summer you might like to serve cold drinks such as iced tea, fruit or milk drinks.

SANDWICHES

Suit the sandwich to the occasion. Serve small, dainty sandwiches at tea, hearty sandwiches for snacks or picnics.

Tea sandwiches may be open, ribbon, checkerboard, pinwheel, or rolled.

Pointers on Sandwich Making

1. Use day-old bread. It is easier to spread.
2. Slice the bread thin for party sandwiches. For other sandwiches, slice the bread approximately $\frac{1}{2}$ inch thick.
3. Use soft butter. Creamed butter spreads easily. Let the butter warm to room temperature, and work it with a spoon until the butter is soft and creamy.
4. Butter each slice of bread well out to the edge. Butter helps to keep fillings from soaking into the bread.
5. Spread enough filling to make tasty sandwiches. Be careful not to use too much filling, or it will ooze out of the sandwich.
6. Use a variety of bread. Remove the crusts for dainty tea sandwiches.
7. Store sandwiches made ahead of time in a cool place. They should be placed unwrapped in a pan, covered with waxed paper and a damp towel, and kept in the refrigerator.

RIBBON SANDWICHES



1. *Stack day-old bread, alternating 3 slices of whole-wheat and 2 slices of white bread.*

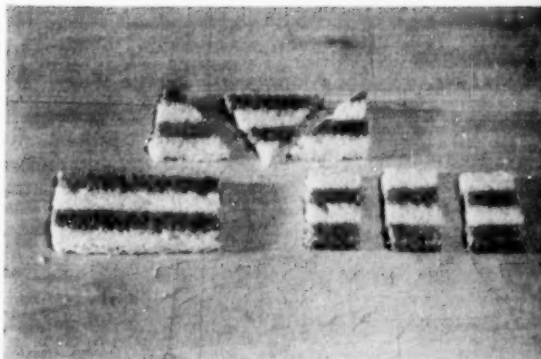


2. *With sharp knife, using a sawing motion, slice crusts from all sides of each stack. Spread bread with one or more fillings. Press firmly together, and wrap with wax paper and moist cloth. Chill for at least several hours.*

3. Remove from refrigerator and cut in $\frac{1}{2}$ -inch slices.



4. Then cut the $\frac{1}{2}$ -inch slices in thirds, halves, or 2 or 3 triangles, as shown. Arrange on plates.



CHECKERBOARD SANDWICHES

1. For each stack, alternate 2 slices of whole-wheat and 2 slices of white bread. Slice off crusts and spread bread with filling as for ribbon sandwiches. Wrap and chill several hours.





2. Remove from refrigerator and cut each stack in $\frac{1}{2}$ -inch slices. Put 3 alternating slices together, using a butter or cream-cheese spread as filling.



3. Chill again for several hours. Then remove from refrigerator. With sharp knife, immediately slice into checkerboard slices, $\frac{1}{2}$ -inch thick. Arrange on plates.

PINWHEEL SANDWICHES

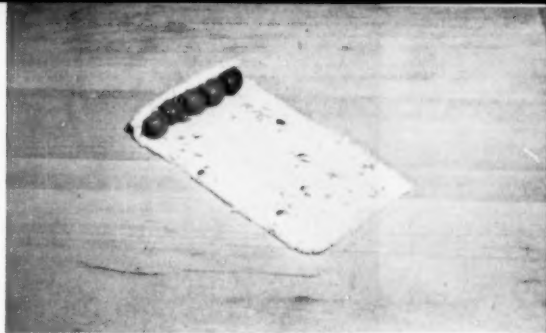


1. Use a loaf of day-old unsliced bread. Place loaf on cutting board. With long, sharp knife (or bread knife), slice off crusts except bottom one. With crust side of loaf to left, cut into lengthwise slices, $\frac{1}{8}$ -inch to $\frac{1}{4}$ -inch thick.

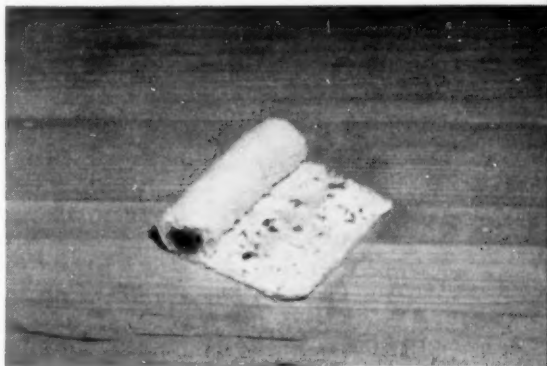


2. Run rolling pin over each slice at narrow end. This makes bread easy to handle, less likely to crack.

3. Spread each slice to edge with softened butter, then with a spread. If you want, place stuffed olives, or gherkins, or Vienna sausages across narrow end.



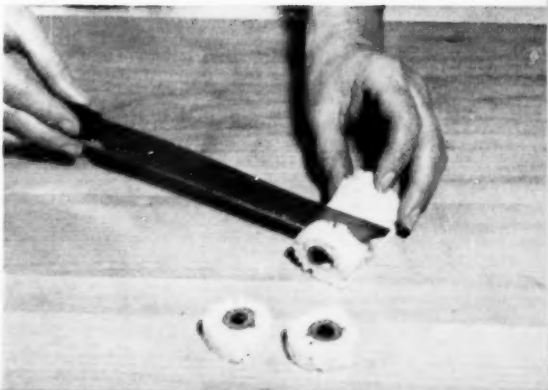
4. Starting at narrow end, tightly roll up each slice, like a jelly roll. Be careful to keep sides in line. Roll tightly for easier slicing and neater pinwheels.



5. Wrap rolls individually in wax paper or aluminum foil, twisting ends securely. Chill several hours or overnight.



6. Cut chilled rolls into $\frac{1}{4}$ to $\frac{1}{2}$ -inch slices. Lift with a broad spatula onto serving plate.





ROLLED SANDWICHES

1. Follow steps 1 and 2 for pin-wheel sandwiches.
2. Cut each slice into 3 pieces.
3. Spread each piece with softened butter, and place across short end small celery stalk, asparagus stalk, or watercress with leaves extending.
4. Roll as you did in step 4 for pin-wheels.
5. Wrap, chill several hours, and serve whole.

Sandwich Fillings

Here are some suggested fillings for sandwiches.

BUTTER SPREADS

Add to the butter one of the following: Grated horseradish, chopped parsley, chopped chives, scraped cucumber, sharp grated cheese, or grated lemon or orange rind and a little juice. Mix until creamy.

CREAM CHEESE FILLINGS

Add to the softened cream cheese one of the following: Chopped nuts; chives; seasoning salt and Worcestershire sauce; finely chopped ham or chicken, and mayonnaise; chopped dates and nuts; a little honey, chopped nuts, and raisins; crushed pineapple and chopped nuts.

TUNA SPECIAL

- | | |
|----------------------------------|----------------------------------|
| 1 small can tuna fish | $\frac{1}{4}$ cup chopped olives |
| $\frac{1}{4}$ cup chopped celery | 1 teaspoon salt |
| $\frac{1}{4}$ cup chopped nuts | mayonnaise to moisten |

1. Flake the tuna; add the chopped celery, nuts, olives, and salt.
2. Add just enough mayonnaise to moisten.

PEANUT BUTTER FILLINGS

1. Mix $1\frac{1}{4}$ cups peanut butter with $\frac{1}{4}$ cup grated raw carrot, 2 tablespoons chopped green pepper, and 2 teaspoons chopped onion.
A small amount of mayonnaise may be added if desired.
2. Mix $\frac{1}{2}$ cup peanut butter with 5 tablespoons chili sauce.
3. Mix $\frac{1}{4}$ cup peanut butter with $\frac{1}{4}$ cup Smithfield or deviled ham spread.

SNACKS

Here are some hearty snacks that everyone will enjoy.

HOT CHEESE SANDWICH

$\frac{1}{2}$ cup grated cheddar cheese	1 tablespoon mayonnaise
$\frac{1}{4}$ teaspoon prepared mustard	or salad dressing
$\frac{1}{8}$ teaspoon Worcestershire sauce	4 slices bread

1. Combine the cheese, mustard, Worcestershire sauce, and mayonnaise.
2. Cut $4\frac{1}{2}$ -inch circles or small triangles from each slice of bread. Toast the bread and spread 1 teaspoon cheese mixture on each piece.
3. Place on a cooky sheet and brown under a broiler until cheese melts.

EGG-FRANKS

$\frac{1}{2}$ cup chopped cooked frankfurters	1 tablespoon chili sauce
	$\frac{1}{4}$ teaspoon salt
1 chopped hard-cooked egg	$\frac{1}{4}$ teaspoon prepared mustard
1 tablespoon minced onion	

Combine the ingredients and mix until blended. Spread on buttered hot dog rolls or hard rolls.

CHEESE-FRANKS

$\frac{3}{4}$ cup grated cheese	3 chopped cooked frankfurters
3 tablespoons top milk	1 tablespoon prepared mustard

Put the cheese and milk in the top of a double boiler. Heat over hot water until the cheese melts. Add frankfurters and prepared mustard. Mix well. Spread on hot dog rolls or hard rolls.

QUICK BREADS

At teas and parties, quick breads add a touch of variety. You may spread slices with butter or cream cheese and serve them as fancy sandwiches.

FRUIT NUT BREAD

Yield: 1 loaf

Pan size: about 8 by 4 by 3 inches

$\frac{1}{2}$ cup dried apricots

$\frac{1}{2}$ cup hot water

2 cups sifted flour

$\frac{1}{2}$ teaspoon salt

3 teaspoons baking powder

$\frac{1}{4}$ teaspoon soda

$\frac{1}{2}$ teaspoon grated orange rind

Temperature: 325°F.

Baking time: about 50 minutes

1 egg, beaten

$\frac{1}{2}$ cup orange juice

$\frac{2}{3}$ cup sugar

2 tablespoons melted shortening

$\frac{1}{2}$ teaspoon vanilla

1 cup chopped nuts

1. Put the apricots in a bowl and add the hot water. Soak 30 minutes.
2. Sift together the flour, salt, baking powder, and soda into a mixing bowl.
3. Drain the fruit, put it through a food grinder, and add grated orange rind.
4. Combine the egg, orange juice, sugar, shortening and vanilla. Add to the dry ingredients and mix. Fold in the fruit and nuts.
5. Pour into a greased loaf pan. Bake at 325°F. for 50 minutes. Cool. Wrap and store overnight before slicing.

PINEAPPLE DATE BREAD

Yield: 1 loaf

Pan size: about 8 by 4 by 3 inches

2 cups sifted flour

3 teaspoons baking powder

$\frac{1}{2}$ teaspoon salt

$\frac{3}{4}$ cup sugar

$\frac{1}{4}$ cup shortening

Temperature: 350°F.

Baking time: about 1 hour and 15 minutes

$\frac{3}{4}$ cup drained, crushed pineapple

$\frac{1}{2}$ teaspoon vanilla

2 eggs

1 cup chopped dates

1. Sift together flour, baking powder, salt, and sugar into a mixing bowl.
2. Add shortening, pineapple, and vanilla. Mix well, then beat 2 minutes.
3. Add eggs. Beat 2 minutes more.
4. Add dates and mix to blend.
5. Bake in a greased, paper-lined pan at 350°F. for 1 hour and 15 minutes. Cool before slicing.

BANANA BREAD

Yield: 1 loaf

Pan size: about 8 by 4 by 3 inches

Temperature: 350°F.

Baking time: about 1 hour and 15 minutes

2 cups sifted flour
2 teaspoons baking powder
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon soda
1 cup sugar

$\frac{1}{2}$ cup shortening
2 eggs
1 cup mashed banana (2 or 3
bananas)
1 teaspoon lemon juice
1 cup chopped nuts

1. Sift together flour, baking powder, salt, soda, and sugar into a bowl.
2. Add shortening, eggs, and $\frac{1}{2}$ cup of banana. Stir to combine, then beat 2 minutes.
3. Add remaining banana and the lemon juice. Beat 2 minutes more.
4. Fold in the nuts.
5. Pour into a greased, paper-lined baking pan, and bake at 350°F. for 1 hour and 15 minutes. Cool before slicing.

COOKIES AND SWEETS

Here are some recipes for easy-to-make cookies and sweets.

CHOCOLATE CRUNCHIES

Yield: about 3 dozen

Temperature: 350°F.

Baking time: 12 to 15 minutes

1 cup sifted flour
 $\frac{1}{2}$ teaspoon soda
 $\frac{1}{2}$ teaspoon salt
1 cup sugar
 $\frac{1}{2}$ cup shortening

1 egg
1 teaspoon vanilla
2 ounces chocolate, melted
1 cup rolled oats, uncooked

1. Sift together the flour, soda, salt, and sugar. Add the shortening, egg, vanilla, and chocolate (cooled to lukewarm).
2. Beat until smooth, about 2 minutes. Blend in the rolled oats. Dough will be stiff.
3. Shape into small balls or drop from a teaspoon onto a greased baking sheet. Flatten the balls with the bottom of a glass covered with waxed paper.
4. Bake at 350°F. for 12 to 15 minutes. Cool the cookies on a rack before storing.

Variations:

Peanut Butter

1. Substitute $\frac{3}{4}$ cup brown sugar for 1 cup granulated sugar.
2. Substitute $\frac{1}{2}$ cup peanut butter for the chocolate.

Butterscotch

1. Omit chocolate.
2. Add $\frac{1}{2}$ teaspoon baking powder.
3. Substitute brown sugar for granulated sugar.
4. Increase rolled oats to $1\frac{1}{2}$ cups.
5. Add 1 cup of coconut, if desired.

CHERRY COOKIES

Yield: $4\frac{1}{2}$ dozen 2-inch cookies

Temperature: 375°F.

Baking time: 12 to 15 minutes

2 cups sifted flour

1 teaspoon vanilla

$\frac{1}{2}$ teaspoon soda

2 tablespoons milk

1 teaspoon salt

$\frac{1}{2}$ cup chopped nuts

1 cup brown sugar

$\frac{1}{2}$ cup chopped candied or maraschino cherries

$\frac{3}{4}$ cup shortening

$\frac{1}{2}$ cup coconut

1 egg

1. Sift together flour, soda, and salt into a mixing bowl. Add the sugar, shortening, and egg.
2. Mix vanilla with milk, and add to the above mixture. Stir to combine. Beat 2 minutes.
3. Stir in the nuts, cherries, and coconut.
4. Drop by spoonfuls onto a greased baking sheet. Bake at 375°F. for 12 to 15 minutes. Cool on a rack.

FRUIT AND NUT BARS

Yield: $4\frac{1}{2}$ dozen 1- by 2-inch bars

Temperature: 350°F.

Pan size: about 13 by 9 by $1\frac{1}{2}$ inches

Baking time: 30 to 40 minutes

2 cups sifted flour

1 egg

2 teaspoons baking powder

$\frac{1}{2}$ cup milk

$\frac{1}{2}$ teaspoon salt

2 cups chopped dried fruit (raisins, dates, prunes, and the like)

$\frac{1}{4}$ cup shortening

1 cup chopped nuts

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ cup light corn sirup

1. Sift the flour, baking powder, and salt together.
2. Cream the shortening and sugar. Add the corn sirup and egg. Mix well.
3. Add the sifted dry ingredients alternately with the milk.
4. Stir in the fruit and nuts.
5. Pour into a greased baking pan. Bake at 350°F. for 30 to 40 minutes. When cool, cut in bars.

CORN FLAKE SWEETS

Yield: (about 30 pieces)

1 package semisweet chocolate

$\frac{1}{4}$ cup shredded coconut

$\frac{1}{2}$ cup chopped nuts

$1\frac{1}{2}$ cups corn flakes, or other flake cereal

1. Melt the chocolate in the top of a double boiler.
2. Stir in other ingredients.
3. Drop the still-warm mixture in small irregular spoonfuls on wax paper and chill.

BEVERAGES

Here are some suggestions for beverages to serve at teas or parties.

COCOA

Yield: 10 servings

$\frac{1}{4}$ to $\frac{1}{2}$ cup cocoa

$\frac{1}{4}$ to $\frac{1}{2}$ cup sugar

$\frac{1}{4}$ teaspoon salt

1 cup water

2 quarts milk

$\frac{1}{2}$ teaspoon vanilla

1. Mix the cocoa, sugar, salt, and water in the top part of a double boiler.
2. Cook the cocoa mixture directly over the heat. Simmer for about 5 minutes.
3. Add the milk, either cold or heated, and place over boiling water. Cook for at least 20 minutes.
4. Before serving, add the vanilla and beat the cocoa with a rotary beater to break up the scum.

HOT SPICED PUNCH

Yield: 12 servings

1 stick cinnamon

10 whole cloves

3 tablespoons grated orange rind

2 tablespoons grated lemon rind

1 cup water

$1\frac{1}{2}$ quarts boiling water

2 tablespoons black tea

2 oranges

2 lemons

1 cup grape juice

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ cup sugar

1. Combine the spices, grated rind, and 1 cup water. Simmer for 10 minutes. Strain. Reserve spiced liquid.
2. Pour the $1\frac{1}{2}$ quarts boiling water over the tea. Steep for 5 minutes. Strain.

3. Squeeze the juice from the oranges and lemons. Mix with grape juice.
4. Combine the spiced liquid, tea, fruit juices, salt, and sugar. Stir until the sugar is dissolved. Serve hot.

TROPICAL SPECIAL

Yield: 8 servings

- | | |
|---|---|
| 2 cups pineapple juice | $\frac{1}{2}$ cup undiluted evaporated milk |
| 2 cups orange juice, canned,
fresh, or frozen | 4 maraschino cherries |
| $\frac{1}{2}$ cup juice drained from mara-
schino cherries | 4 orange slices |

1. Combine the juices. Add them slowly to the milk. Mix well.
2. Fill the glasses with ice cubes or cracked ice. Pour the juice mixture over the ice.
3. Garnish each drink with a maraschino cherry and an orange slice.



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